

- Know about peoples' experience of food security and insecurity in a first world country

**Main messages:**

Community-led research is an effective and empowering approach to explore peoples lived experience of nuanced and sensitive issues like food security and insecurity. It means investing in building community researchers capacity to do the research, trusting them to own the process, respecting, valuing and acting on what they find.

**3.11-P5**

**Food security and insecurity + community led research in Scotland – empowering, enlightening, easy?**

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**Poster background and content:**

The poster is based on research done by community researchers from Central and West Integration Network, supported by NHS Health Scotland, into food security and insecurity in migrant, black and minority ethnic communities in Glasgow. Community-led research is not new, but is little used in public health. Our objectives in preparing this poster are that delegates will:

- Understand the key ingredients needed to facilitate community-led research